



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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## NEWS RELEASE

For Immediate Release:  
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### **WIC Program Announces New Income Levels for Eligibility**

BISMARCK, N.D. – Income eligibility guidelines for the North Dakota Special Supplemental Nutrition Program for Women, Infants and Children (WIC) have increased, according to Colleen Pearce, WIC Program director for the North Dakota Department of Health.

Effective April 1, 2008, a family of four can earn up to \$3,269 each month (or \$755 each week for the household) and still meet income eligibility requirements.

Funded by the U.S. Department of Agriculture, the WIC Program has improved children's health, growth and development and prevented health problems for 33 years. WIC benefits include quality nutrition education, access to other services, and monthly foods rich in calcium, iron and protein to help bolster the health of pregnant, postpartum and breastfeeding women; babies; and children younger than 5. WIC foods are designed to fit the nutrition needs of each WIC participant and include only milk, eggs, real cheese, peanut butter, 100 percent fruit juice, beans and iron-fortified cereals. Infants who are not breastfeeding receive iron-fortified formula.

“Studies show that WIC children enter school ready to learn,” Pearce said. “WIC is a cost-effective, sound investment that helps to ensure the health of our children.”

To qualify for WIC, families must reside in North Dakota, meet the income requirements and have a nutritional or medical need for WIC services, such as anemia or inadequate diet. Need is determined by measuring the child's or woman's height and weight, performing a hemoglobin test, and taking his or her medical and dietary history. To find out if they qualify, North Dakotans can call their local WIC agency or the state WIC office at 800.472.2286.

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